



# Community Emergency Preparedness

## WORKBOOK & GUIDELINES



City of Bethlehem, Bureau of Health  
COMMUNITY EMERGENCY  
PREPAREDNESS

# Introduction

## **A message from the City of Bethlehem**

The City of Bethlehem is pleased to present this Emergency Preparedness Guide to assist you with the task of preparing your family to respond and recover from every type of disaster. The more members of the public are prepared for a disaster, the less strain we place on our emergency services.

### **BE AWARE ... BE PREPARED... HAVE A PLAN**

If you do these three things, the life you save could be your own ... because what you

DON'T know CAN hurt you. The information in this manual was compiled from various publications provided by the American Red Cross and FEMA to assist you in preparing for various types of disasters.

Please stop your hectic lives for just a few hours and sit down with your family while reading this manual to discuss how each of you would handle these types of situations. It will be quality time with your loved ones and could save your lives.

We hope you keep this manual handy as a reference tool and utilize many of the suggestions found inside to prepare your family for any emergency situation. If you need further information throughout the year regarding emergency planning, please contact the Northampton County Office of Emergency Management at: 610-746-3194



**GOVERNOR'S  
OFFICE OF  
HOMELAND  
SECURITY**

FOR SUSPECTED  
TERRORISM  
CALL THE FBI  
610-433-6488

FOR SUSPECTED  
SMUGGLING  
CALL CUSTOMS  
610-266-1042

FOR SUSPECTED  
ILLEGAL ENTRY  
CALL IMMIGRATION  
610-266-1042

FOR POLICE  
CALL BETHLEHEM PD  
610-865-7187  
OR PA STATE POLICE  
610-861-7187

## **EMERGENCY PHONE NUMBERS**

Police.....	DIAL 911
Fire.....	DIAL 911
Ambulance .....	DIAL 911
County Sheriff .....	610-559-3084
County Emergency Management.....	610-746-3194
County Health Department.....	610-250-1825
County Public Works.....	610-559-3197
Pennsylvania State Police (Bethlehem barracks).....	610-861-2026
FBI (Allentown Office).....	610-433-6488
American Red Cross (Disaster Relief).....	610-865-4400
Salvation Army (Disaster Services) .....	610-258-9531

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# FAMILY PREPAREDNESS QUESTIONNAIRE

(Take the time to answer these questions. If you have answered “no” to any one of these questions, you need to develop or update your Family Emergency Plan.)

1. Do you believe that your community is prepared for emergencies?
2. Do you believe that your family is well-prepared to handle most emergencies?
3. Have you discussed emergency planning issues with your family?
4. Do you have a Family Emergency Supplies Kit including:
  - A three-day supply of water per person (1 gallon per person, per-day)
  - One change of clothing per person
  - One blanket or sleeping bag per person
  - First aid kit with current prescription medication enough for four days
  - Battery powered radio & flashlight, w/extra batteries
  - Extra set of car keys
  - A credit card and a small amount of cash
  - Sanitation supplies
5. Does your house have operational smoke detectors on every level?
6. Do you have a charged ABC fire extinguisher?
7. Have you trained your family on the proper techniques of fire extinguisher use?
8. Do you know how to turn off your utilities?



# Introduction to Emergency Management

The City of Bethlehem is working to establish an emergency management program that has the responsibility for the coordination of preparedness, response, recovery and mitigation activities for emergency and disaster situations throughout the county. The program has an emergency manager, appointed by the Board of Commissioners, who meets the program standards and requirements established by the Pennsylvania State Police, Emergency Management Division.

This workbook was developed to address the needs of the citizens of Northampton County to help you prepare for a disaster or emergency within the City of Bethlehem. It provides information that you need to prepare for and be self-reliant during a disaster or emergency by creating a personalized Family Emergency Action Plan. If you have any questions regarding this workbook, please call us at (610) 865.7083.

## In order to cope with an emergency or disaster, Northampton County has completed the following actions:

- ∂ A system of Emergency Action Guidelines has been established that describes the overall concepts of operation that will be put into effect during a disaster or emergency event.
- ∂ An emergency manager has been appointed to coordinate all emergency and disaster preparedness, response, recovery and mitigation activities within the City of Bethlehem.
- ∂ An Emergency Operation Staff selected from governmental, private, public and volunteer areas with special knowledge of functions performed during an emergency event have been identified and trained.
- ∂ An Emergency Operation Center has been established to provide for the coordination of all emergency response activities and resources in the county.
- ∂ While the law directs the county to pre-plan for emergency events, it is still the responsibility of the individual citizen to prepare their family to respond to and recover from any emergency or disaster event. The city of Bethlehem does not accept responsibility for disasters, the outcome due to the disaster, or the outcome due to disaster planning.

# WHAT YOU CAN DO TO PREPARE

Learning what threats you and your family may be exposed to is the first step in emergency planning. The following list identifies the hazards that are present in Pennsylvania. Because we live, work, go to school and play throughout our geographical area, we need to be aware of what can happen all around us. Once you know what can happen, it is important to discuss them with your family so you can begin to develop your Emergency Plan.

Air Pollution	Fuel Shortage	Riverine Flooding
Arson	Hail Storms	Sabotage
Business Interruption	Hazardous Materials	Severe Thunderstorms
Civil Unrest	High Winds	Special Events
Communication Failure	Ice Storms	Strikes
Drought	Lightning Storms	Structural/Chemical Fires

## There's so much to do . . . so get some help!

To do it right, preparing for emergencies can be a full-time job with a hefty price tag, but it doesn't have to be that way when you make it a collaborative effort among your neighbors. Many of the skills and equipment you will need in an emergency may already exist in your neighborhood. Search them out, and then work with your neighbors on a plan to use them to everyone's best advantage. Getting an agreement ahead of time can save valuable time when it is needed most. Does it still seem like an overwhelming task? Then break it down into these smaller, manageable tasks.

## Start with what you already have

Canvas your neighbors for disaster skills and equipment. Make it a social event. Invite your neighbors out for a block party - if you feed them, they will come. Put neighborhood preparedness as the only thing on your agenda. Most of all, have fun.

Your family will cope best by preparing for disaster before it strikes. Peace of mind can only be achieved if you know where every member of your family is, whether it is your immediate family member or someone impacted by disaster out of state. Having a communications plan will help you to maintain contact with your entire family. Follow these simple steps to achieve your "peace of mind."

# WHAT YOU CAN DO TO PREPARE

- Choose an out-of-town contact that your family members can call to check on each other when a disaster occurs.
- Make sure your family knows these phone numbers. Make a small contact card they can carry for easy reference.
- Test your out-of-town contact regularly and have them call you too.
- Leave these phone numbers with officials at your child's school.

## Remember to help others

There may be elderly or handicapped residents living in your neighborhood that could use special attention during an emergency. Include them in your communications checklist to remind you to “communicate” your willingness to help them when disaster strikes.

1. Make a list of those neighbors.
2. Ask for their phone numbers and address, only if they feel comfortable with you having them.
3. When an emergency strikes, make contact with those neighbors and see that their needs are addressed.
4. Help those neighbors in developing their own out-of-town contact.



When a disaster strikes, remember to always dial 911 for emergency service response. Try not to use this number to make inquiries, to learn information or request non-emergency assistance. During a disaster your emergency response dispatchers are often overwhelmed with calls for help. Make sure your call is of an emergency nature. This will guarantee that those people who really need help will get it.

If you have questions or concerns that are not of an urgent nature, try dialing your local government business phone number or flag down one of the many municipal vehicles that will be driving through your neighborhood. Teach your children how to place an emergency call, always stressing the importance of using this number only for emergencies.

# WHAT YOU CAN DO TO PREPARE

Hundreds of times each year, people are forced to leave their homes because of natural disasters, transportation or industrial accidents, fires or floods. You may have only minutes to escape to safety and you should be prepared to leave immediately when notified. Evacuation periods may last for hours or days, dependent on the emergency, so you should be ready to care for yourself and your family for a minimum of three days.

*If you are told to evacuate, please follow these simple tips:*

- Turn on your radio or television and be prepared to follow all instructions by emergency authorities
- Take your Disaster Supplies Kit
- Lock your home as you leave
- Post a note on your door telling others where you have gone. Local police will be patrolling the neighborhoods
- Use only the travel routes established by the authorities. Keep your car radio on for updates
- Select a friend or relative to go to prior to an evacuation

*If there is time, try to accomplish these helpful tasks:*

- Shut off all utilities before leaving (only if you know how to do so safely). Contact your gas company when you return for service resumption
- Tie a white ribbon or cloth on the front door knob. This will alert emergency authorities that this home has been evacuated

# PREPARE AN EMERGENCY SUPPLY KIT

You should gather water, food, first-aid supplies, clothing, bedding, tools and other essentials ahead of time and be ready in the event you must evacuate or go without electricity, heat, or water for an extended period. The kit can be put into 5-gallon buckets, duffel bags or backpacks. You should consider including the following items in an **Emergency Supply Kit**:

## **Water: 3 day supply, 1 gal per person per day**

- Store water in sealed, unbreakable containers  
Replace every 6 months

## **Food: 3-5 day supply of non-perishable packaged or canned food per person**

- Ready to eat canned meats, fruits & vegetables
- Soups-bouillon cubes or dried soups in a cup
- Milk- powdered or canned
- Stress-foods, sugar cookies, hard candy
- Juices-canned, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods- peanut butter, trail mix
- Sugar, salt pepper

## **Clothing & Bedding: 1 complete set of clothing & footwear per person**

- Sturdy shoes or work boots
- Warm socks, rain gear
- Blankets or sleeping bags
- Hats, gloves, warm clothing, & thermal underwear
- Sunglasses

## **First Aid Kit**

- Sterile adhesive bandages
- 3-inch sterile gauze pads (8 - 12)
- Triangular bandages (3)
- 2-inch sterile gauze pads (8-12)
- Hypoallergenic adhesive tape
- 2 & 3- inch sterile roller bandages
- Scissors & Tweezers
- Needles & Safety razor blade
- Bar of Soap & Antiseptic spray
- Moistened towelettes
- Non-breakable thermometer
- Latex gloves
- Petroleum jelly
- Assorted sizes of safety pins
- Tongue blades & wooden applicator sticks
- Water purification tablets

## **Tools & Supplies**

- Mess kits, paper cups, plastic utensils
- Batteries, battery operated radio
- Flashlight, extra bulbs, extra batteries
- Mess kits, paper cups, plastic utensils
- Batteries, battery operated radio
- Flashlight, extra bulbs, extra batteries

- Wooden matches in waterproof container

- Aluminum foil, plastic storage containers
- Signal flare, fire extinguisher
- Paper, pencil & needles, thread
- Shovel & other useful tools
- Plastic sheeting, duct tape
- Maps (state, county, city)
- Money
- Family Emergency Plan
- Can Opener (hand operated)
- Utility Knife, tube tent/tarp
- Medicine dropper
- Dust mask & work gloves

## **Sanitation**

- Personal hygiene items
- Plastic garbage bags & ties
- Plastic bucket w/tight lid
- Spray disinfectant
- Towelettes or diaper wipes
- Toilet paper

## **Special Items**

### **For baby:**

- Formula, juice & powdered milk
- Diapers & wipes
- Bottles & medications

### **For Adults:**

- Prescription medications or insulin
- Denture needs
- Contact lenses, supplies & extra eyeglasses
- Entertainment - games, books
- Cell phone
- Prepaid phone card

## **Important Family Documents**

- Important phone numbers
- Wills, insurance policies
- Contracts, deeds, stocks & bonds
- Passports, social security cards
- Immunization records
- Family records (birth, marriage, death)
- Inventory of valuable household goods

# Prepare an Emergency Supply Kit

## EMERGENCY CAR KIT

Keep your car equipped with emergency supplies. Never allow the gas tank to drop below half full. If warnings of an impending emergency are being broadcast, fill up. Gas stations may be affected by the emergency and unable to be used. Keep these items stored in a portable container.

- A small battery powered radio (AM is enough) and extra batteries
- Flashlight with extra batteries
- Cellular phone
- Blanket
- Jumper Cables
- Fire Extinguisher
- Maps
- Shovel
- Flares
- Bottled Water
- Tire repair kit and pump
- Nonperishable, high-energy foods (granola bars, canned nuts, hard candy, trail mix)

An important step in family preparedness is the identification of hazards in your home. Once the hazards are identified, it doesn't take much time or effort to make your home a safer place to live. Using the checklist below, involve the whole family, especially your children, in a home hazard hunt. Remember that anything that can move, break or fall, or burn is a potential hazard. Foresight, imagination, and common sense are the only tools you will need! After identifying what needs to be done, devise a plan and do it.

## SHELTER-IN-PLACE

Sheltering in place is what you do when you take cover during a tornado warning, gas leak, severe weather warning or hazardous material threat that is determined to be an irritant rather than a poison and the risk to health is greater from evacuation than just staying put. Follow these tips for in-place sheltering:

- Close and lock all windows and doors
- Turn off all fans, heating and air-conditioning systems
- Close the fireplace damper
- Turn off all the electrical power if you know the proper procedure
- Go to your basement for a storm or most interior room without windows
- With a chemical threat, an above ground location is better because most chemicals are heavier than air and may seep into the basement
- Turn on your battery powered radio and listen for further instructions

# HOME HAZARD HUNT

In a disaster, ordinary items in the home can cause injury and damage. Anything that can move, fall, break or cause a fire is a potential hazard. Check all of the hazards below to ensure your safety if a disaster were to occur. If you select no on any of these then you should address it.

## Kitchen

Yes No

- Wear snug-fitting clothes when cooking
- Do not leave cooking food unattended
- Keep pan handles turned in while cooking
- Keep a pan lid nearby in case of fire
- Keep cooking areas clean and clear of combustibles
- Keep cords from dangling
- Ensure outlets near the kitchen sink are GFI equipped
- Keep sharp knives out of reach of children

## Outside

Yes No

- Clear dry vegetation and rubbish from around the house
- Use barbecue grills away from buildings and vegetation
- Dispose of barbecue briquettes in a metal container
- Maintain a “greenbelt” around rural buildings
- Check with the fire department before burning debris or using a burn barrel

## All Rooms

Yes No

- Ensure floor coverings (rugs, carpets) are properly secured to prevent tripping hazards
- Separate draw cords on blinds and drapes to reduce strangulation hazards for kids
- Ensure room exits are unobstructed

## Garage/Attic/Shed

Yes No

- Use gasoline as motor fuel only and never store it inside the home
- Keep only a small quantity of gasoline, if necessary, in an approved container locked
- Keep flammable liquids such as paints and thinners in their original containers and store on or near the ground and away from sources of heat, sparks, or flame

## Smoking and Matches

Yes No

- Store matches and lighters out of reach of children
- Use large, deep, non-tip ashtrays
- Never smoke when drowsy or in bed
- Dispose of ashes and cigarette butts in a metal can at least daily
- Check furniture for smoldering cigarettes every night, especially after parties

## Electricity

Yes No

- Avoid the use of extension cords (if used, ensure the correct wattage rating)
- Plug only one heat-producing device into an electrical outlet
- Ensure cords are not placed under rugs
- Verify circuits are not overloaded
- Replace damaged cords, plugs, sockets
- Use bulbs with the correct wattage for lamps and fixtures
- Check fuses/circuit breakers for the correct amperage ratings
- Don't override or bypass fuses or circuit breakers

## Clothes Washer and Dryer

Yes No

- Verify that appliances are properly grounded
- Ensure lint filter is clean and serviceable
- Check vent hose and line to ensure they are clean and provide unobstructed airflow

## Fire Extinguisher

Yes No

- Verify that an all-purpose fire extinguisher (Class ABC) is maintained in an accessible location
- Ensure that all occupants know how to use it
- Are additional fire extinguishers kept in the kitchen, garbage, basement, and sleeping area?
- Store used oily rags in sealed metal containers
- Never store combustibles such as newspapers and magazines

## Heating Equipment

Yes No

- Ensure fireplace inserts and gas/wood stoves comply with local codes
- Clean and inspect chimney annually
- Dispose of ashes in metal containers
- Keep clothes, furnishings and electrical cords at least 12” from wall heaters and 36” from portable heaters
- Service furnace annually
- Set water heater thermostat at 120 degrees F
- Elevate new or replacement gas water heaters at least 18” above the floor

# HOME HAZARD HUNT

## Bathrooms

Yes No

- Store poisonous cleaning supplies and medications in “childproof” cabinets
- Replace glass bottles with plastic containers
- Ensure all outlets are GFI-equipped

## Family Preparedness

Yes No

- Plan two unobstructed exits from every room, including upper floors; make sure everyone knows them
- Designate a meeting place outside
- Develop an escape plan and practice it regularly
- Store important papers and valuables in a fire- proof safe or cabinet
- Maintain proper insurance coverage for your home and its contents (earthquake, flood, renter’s, fire)
- Have an out-of-state contact for family check after a disaster/emergency

## Smoke Detector

Yes No

- Installed properly on every level
- Tested 1st Tuesday of each month
- Battery replaced every year

## Earthquake Hazards (All Rooms)

Yes No

- Bolt heavy, tall, upright furniture to wall studs
- Lock or remove rollers on beds, furniture and appliances
- Secure hanging plants and light fixtures with one or more guide wires to prevent swinging into walls or windows and breaking
- Secure kitchen and bathroom cabinets with “positive” (self-closing) latches
- Secure items on shelves with quake mats, Velcro, low shelf barrier, etc.
- Store heavy and/or breakable items on lower shelves
- Strap water heater to wall studs
- Use flexible connections on gas appliances
- Check chimney for loose bricks and repair as needed
- Check foundation for cracks and repair as needed
- Bolt home to foundation to prevent shifting during earthquake
- Secure mirrors and pictures to the wall or hang them with heavy wire, looped through eye screws or tongue-in-groove hangers

Practice drills are a great way to help your family plan and remember what to do in case of a disaster or emergency

# Emergency Notification

Northampton County, PA



Code red is a free emergency notification service provided to resident within Northampton County that will notify you of information through phone calls, text messages emails, social media and the Code Red mobile Alert app. The system will be used to keep you inform of local events that may immediately impact your safety. As a local resident, Northampton County Emergency Management encourages you to take action and register your cell phone for that service and verify your home location during the enrollment process so we may target notifications that directly impact your home or business.

- Emergency Preparedness
- Emergency Evacuation Notices
- Public Health Crisis
- Criminal Activity

**Caller ID** When you see the following displayed, you will know the call is from us. If you would like to hear the last message delivered to your phone, simply dial the number back.

- Emergency Notifications  
**1-866-419-5000** or **Emergency Comm**
- General Notifications  
**1-855-969-4636** or **ECN Community**

**Privacy** Your contact information remains private and will only be used for community notifications.

**ENROLL TODAY!** Visit <http://www.ncem-pa.org> and click the **CodeRED** icon at the bottom left of the page.



<http://www.facebook.com/Northampton-County-Emergency-Management-Services-95688940038/>



<https://twitter.com/NorthamptonEM>

# NOAA WEATHER ALERT RADIO SYSTEM

With a personal Weather Radio receiver, you can pick up the NOAA Weather Radio signal and get immediate access to life-saving information when every second counts.

- **At Home:** Be warned of approaching storms so you can seek shelter before the storm arrives!
- **At Work:** You can listen to the broadcast no matter where your workplace may be.
- **While Traveling:** Available to travelers on highways and at rest areas across the nation.
- **At Play:** Include a Weather Radio along with sports equipment when inclement weather is possible.
- **While Boating or Camping:** Available in most coastal and wilderness areas and in campground and state parks.



# PREPARING FOR A TERRORIST ATTACK

**Stay tuned to your local radio or television for emergency information and instructions.**

The most important preparedness activity any citizen can do to prepare for an emergency event is to be sure that you have current and adequate property insurance. Both homeowners and renters need to maintain property insurance to guarantee their family's recovery. Follow these guidelines for the following emergency events:

## Tornado

- Use caution when entering a building, making sure that the walls, ceilings and roof are in place and secure on its foundation
- Be aware of downed power lines, broken gas mains and watch for broken glass
- Check for medical emergencies and, if necessary, dial 911 for immediate assistance
- Contact your insurance carrier as soon as possible

## Fire

- If you are the homeowner, secure your property to the best of your ability and contact your insurance carrier immediately
- If you are a tenant, secure your property to the best of your ability and contact your landlord, then your insurance carrier
- Have an electrician check your wiring before restoring power. Never try to connect utilities yourself
- Discard all food, beverages and medications that have been exposed to heat, smoke or soot
- Do not open a fire proof safe until it has cooled down
- Maintain a record with receipts of any expenditures you make after the fire. These are important future insurance and income tax claims

## Flood

- Never enter buildings if flood waters recede around the building
- Look for fire and utility hazards
- Discard food and water that has come in contact with flood waters
- Pump out flooded basements slowly, about one third of the water per day, to protect the foundation from further damage
- Service damaged septic tanks, cesspools, pits and leaching systems immediately. Damaged sewage systems are health hazards and can intensify the effects of the flood
- Contact your insurance carrier immediately

# PREPARING FOR A TERRORIST ATTACK

## Hazardous Material Incidents

- If evacuated, do not return home until local authorities say it is safe
- Upon arriving home, open up all the windows and doors to provide natural ventilation
- Do not attempt to try mechanical ventilation (electric fans), as an explosive threat may be present
- Find out from local authorities how to clean up your land and property
- Discard food and water supplies that were impacted by the hazardous material contamination
- Contact your insurance carrier immediately.

# Preparing For A Terrorist Attack

Terrorists are working to obtain biological, chemical, nuclear and radiological weapons, and the threat of an attack is very real. Here in Northampton County, throughout the state and federal governments, and at organizations across America we are working hard to strengthen our nation's security.

Whenever possible, we want to stop terrorist attacks before they happen. All Americans should begin a process of learning about potential threats so we are better prepared to react during an attack. While there is no way to predict what will happen, or what personal circumstances will be, there are simple things you can do now to prepare yourself and your loved ones.

## What to do in case of a biological or chemical attack:

There are possibilities for the public to come into contact with a biological and/or chemical agent. This can be by accident or a purposeful attempt by an individual. A chemical or biological effect on a human being is possible and will not always be immediately apparent. Since many agents are colorless and odorless and some cause no immediate noticeable effects or symptoms, we need to know about them. Be alert to the possible presence of an agent. Indicators of an event include:

- Droplets of oily film on surfaces
- Dead or dying animals in the area
- Unexplained odors
- Symptoms of nausea, difficulty breathing, convulsions, disorientation
- Low-lying cloud formations or fog unrelated to the current weather, clouds of dust; or suspended, possibly colored, particles
- People dressed unusually for the season (long overcoats in the summertime) or wearing breathing protection in areas where large groups of people congregate such as malls, or sporting venues

## Basic steps you can take if these conditions present themselves are:

- Stay alert to news media events or local emergency alert notifications
- Move upwind from the source of the attack
- If evacuation isn't possible, move indoors and initiate In-Place Sheltering
- Don a gas mask, or if none are available, cover your mouth and nose with a clean cloth that had been soaked in a solution of one cup water and one tablespoon of baking soda. Also cover bare skin and make sure that cuts and abrasions are covered
- If exposed remove clothes and seal in a plastic bag, immediately wash off using copious amounts of warm soapy water or diluted 10:1 bleach solution

# Preparing For A Terrorist Attack

- If you receive any suspicious mail from unknown sources, or when you open the letter there is a puff, dust or particles released from the envelope, leave the letter alone and call the police
- If in your car at the time of an agent release, shut the windows and air intake vents
- Always seek medical attention as quickly as possible after coming into contact with a chemical or biological agent

## Preparing Your In-Place Shelter:

In a terrorist attack, a city or an entire region could become endangered by a lethal agent. When conditions at your location make this a possibility, you may need to consider staying **In-Place** until the threat has subsided or blown over. Make plans for taking the following steps to insure that your home will serve as a biological/chemical **safe haven**:

- Select an inner room on an upstairs floor with the least number of windows and doors
- Choose a large room with access to a bathroom and a telephone
- Avoiding using rooms with the window air conditioners; these are more difficult to seal

## When a threat is present, follow these guidelines:

- Close all windows, doors and shutters
- Seal all cracks around windows and door frames with wide tape
- Cover windows and exterior doors with plastic sheets (6 ml minimum) with pressure sensitive tape
- Shut down any air movement units (fans, air conditioners, furnaces, etc.)
- Do not use candles as a light source

## Suggested Safe haven Equipment:

- Food and water to last three days minimum (1 gallon of water per person per day)
- Protective equipment - biological/chemical rated gas masks, waterproof clothing
- Emergency equipment - flashlights, battery operated radio, extra batteries, can or bottle opener, knife and scissors, first aid kit, (check your emergency supply kit)

Whenever a chemical or biological event occurs, stay tuned to your local radio or television stations for updates on the situation and preparedness and/or response guidelines.

## In the Case of a Nuclear or Radiological Attack

If there were a threat of a nuclear or radiological attack, people living around potential targets such as military bases and chemical plants, may be advised to evacuate. Protection from radioactive fallout would require taking shelter in an underground area, or in the middle of a large building. Fallout shelters can be any protected space where the walls and roof are thick and dense enough to absorb

## PREPARING FOR A TERRORIST ATTACK

radiation. The more distance and time you put between you and the fallout particles, the better.

After a radiological or nuclear attack, you shouldn't leave your shelter until officials say so. The length of your stay can range from a day or two to four weeks, depending on the extent of the contamination.

People who are allowed to come out of hiding may be evacuated to unaffected areas within a few days.

Listen to your battery powered radio for instructions and information concerning community services.

Stay away from damaged areas and areas marked "radiation hazard" or "HAZMAT."

As with biological and chemical attacks, having a disaster kit ready for the taking will increase your family's chances of survival.



## WHEN AN EMERGENCY STRIKES

During and after an emergency occurs, it is important to stay calm. Even after an event, there may still be dangers. What seems like a safe distance or location may not be. Stay tuned to your local emergency station and follow the advice of trained professionals. Unless told to evacuate, avoid roads to allow emergency vehicles access. What you do next can save your life and the lives of others.

During an emergency you might be cut off from food, water and electricity for several days or more. If power is out, food stores may be closed and your water supply may not work. Here are some suggestions:

**Water:** If a disaster catches you without a supply of clean water, you can use ice cubes and the water in your hot water tank or pipes. If it is safe to go outside, you can also purify water from streams or rivers, rainwater, ponds and lakes, natural springs and snow by boiling (for 5 minutes), distilling or disinfecting. To purify water with bleach, use 10 drops of bleach per gallon of water. Use only regular household liquid bleach that contains only 5.25% sodium hypochlorite.



**Food:** During and right after an emergency, it will be important that you keep up your strength by eating at least one well-balanced meal each day. Take vitamin, mineral and/or protein supplements.

### If Your Power Goes Out:

- Remain calm, and assist family members or neighbors who may be vulnerable if exposed to extreme heat or cold
- Locate a flashlight with batteries to use until power comes back on. Do not use candles--this can cause a fire
- Turn off sensitive electric equipment such as computers, disc players, and televisions
- Turn off major electric appliances that were on when the power went off. This will help to prevent power surges when electricity is restored



## WHEN AN EMERGENCY STRIKES



- Keep your refrigerator and freezer doors closed as much as possible to keep cold in and heat out
- Do not use the stove to heat your home -- this can cause a fire or fatal gas leak
- Use extreme caution when driving. If traffic signals are out, treat each signal as a stop sign – come to a complete stop at

every intersection and look before you proceed

- Do not call 911 to ask about the power outage. Listen to the news radio stations for updates

**If You Have Pets:** Create a survival kit for your pet. This should include:

- Identification collar and rabies tag
- Carrier or cage
- Leash
- Any medications (be sure to check expiration dates)
- Newspapers and plastic trash bags for handling waste
- At least a 2-week supply of food, water, and food bowls
- Veterinary records (most animal shelters do not allow pets without proof of vaccination)



**Neighbors Helping Neighbors:** Working with neighbors in an emergency can save lives and property. Meet with your community members to plan how you could work together until help arrives. If you're a member of a neighborhood organization, such as a home association or crime watch group, introduce emergency preparedness as a new activity. Know your neighbor's special skills and consider how you could help those with special needs, such as people with disabilities or elderly persons.

# WHAT TO DO ABOUT...

## SUSPICIOUS MAIL OR PACKAGES

**Protect yourself, your business, and your mailroom.**

**If you receive a suspicious letter or package:**

- Stop. Don't handle.
- Isolate it immediately.
- Don't open, smell, or taste.
- Activate your emergency plan. Notify a supervisor.



**If you suspect the mail or package contains a bomb (explosive), or radiological, biological, or chemical threat:**

- Isolate area immediately
- Call 911
- Wash your hands with soap and water



UNITED STATES  
POSTAL SERVICE



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Poster 64  
September 2006  
PSN 7690-07-0006-7097

# What To Do About...

## AFTER ANY BIOLOGICAL OR CHEMICAL INCIDENT:

**Listen:** Keep calm and listen to the radio/TV for official news updates. Stay indoors and maintain protective measures until notified by the media or public safety.

**Decontaminate:** Minimize contact with all outside surfaces; avoid droplets and residues. Remove contaminated clothing as soon as possible/place in a sealed plastic bag. Wash exposed skin with soap and water and shampoo hair.

**Seek Care:** If exposure is known or suspected, report to the nearest medical facility, as directed by public health officials for evaluation and treatment. Inform the staff you may be contaminated.

## INDOORS

**Respirator:** Put on breathing protection (gas or escape mask) or cover mouth and nose with a cloth.

**Move:** To the highest and most interior room of the house or building.

**Shelter:** Turn off all electrical appliances, fans, air conditioners, furnaces, etc. Close and lock all windows, vents, doors, fireplaces, etc. Seal room windows and door seals with duct or masking tape. Seal door thresholds with wet towel. Sit adjacent to an inner wall and away from outer walls and windows. Do not smoke, light candles, or use any sources of open flame.

## OUTDOORS

**Respirator:** Put on breathing protection (gas or escape mask: **N95**) or cover mouth and nose with a cloth.

**Move:** Laterally and upwind, away from any smoke or aerosol cloud

**Shelter:** Seek shelter in a building or covered structure. If caught in a vehicle - pull over, shut off engine, air conditioner, heater and vents, and roll up windows.

## What To Do About...

AGENT	SYMPTOMS	ONSET	ROUTE	HAZARD	TREATMENT
Nerve (G, VX)	Miosis, SOB, twitching, SLUDGE*, localized sweating, fasciculation, GI effects, and seizures	Seconds-Minutes	Skin, eyes, lungs	Vapor, liquid	Atropine, 2PAMCI, (Mark I Kit), Diazepam
Mustard (HD, HN)	Severe conjunctivitis, erythema, blepharospasm, blisters, nausea, vomiting, corneal roughening	Hours	Skin, eyes, lungs	Vapor, liquid	Supportive care
Lewsite(L)	Immediate & severe irritation to eyes, skin and airways. Tissue necrosis	Seconds	Skin, eyes, lungs	Vapor, liquid	Dimercaprol (BAL), Supportive
Anthrax (Inhal.)	Fever, myalgia, cough and fatigue	1-6 days	Lungs	Aerosol	Vaccine, Ciprofloxacin, Doxycycline, Iso. 48 hrs
Plague (Pneum)	High fever, myalgia, chills, HA, cough with bloody sputum	2-3 days	Lungs	Aerosol, liquid	Vaccine, Streptomycin, Doxycycline, Iso. 48 hrs.
Ricin (castor bean oil extract)	Ingestion: Nausea, diarrhea, vomiting, fever, abdominal pain	18-24 hours	Ingestion	Aerosol, liquid, solid	No antidote, supportive care, charcoal lavage
	Inhalation: chest tightness, coughing, weakness, nausea, Fever	8-36 hours	Inhalation	Aerosol, liquid, solid	No antidote, supportive care
VHF (e.g., Ebola)	Fever, myalgia, prostration, conjunctival injection, hypotension and petechial hemorrhages	4-21 days	Lungs open cuts	Aerosol, liquid	Supportive care, minimize invasive procedures
Smallpox	Fever, rigors, vomiting, firm skin lesions (pox). Lesions are all in same stage of development	7-17 days	Lungs	Aerosol, Liquid	Vaccine, Supportive, antibiotics for secondary infections
Radiological	High doses: skin reddened/burned, vomiting, diarrhea Low doses: vomiting, diarrhea	Hours-days	Skin, eyes, lungs, cuts	Aerosol, Solid	Chelation, Supportive

\*SLUDGE = excessive and uncontrolled Salivation, Lacrimation (tearing/crying), Urination, Defecation, Gastro-intestinal distress, Emesis (vomiting)

# EMERGENCY TELEPHONE NUMBERS

## Local Contact

Name \_\_\_\_\_  
City \_\_\_\_\_  
Telephone (day) ( )-\_\_\_\_\_ (eve.) ( )-\_\_\_\_\_  
Cellular Phone ( )-\_\_\_\_\_

## Out of Area Contact

Name \_\_\_\_\_  
City \_\_\_\_\_  
Telephone (day) ( )-\_\_\_\_\_ (eve.) ( )-\_\_\_\_\_  
Cellular Phone ( )-\_\_\_\_\_

## Nearest Relative

Name \_\_\_\_\_  
City \_\_\_\_\_  
Telephone (day) ( )-\_\_\_\_\_ (eve.) ( )-\_\_\_\_\_  
Cellular Phone ( )-\_\_\_\_\_

## Family Work Numbers

Father \_\_\_\_\_  
Mother \_\_\_\_\_  
Other \_\_\_\_\_

## Emergency Telephone Numbers

Police Department \_\_\_\_\_  
Fire Department \_\_\_\_\_  
Hospital \_\_\_\_\_

## Family Physicians

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_  
Name \_\_\_\_\_ Phone \_\_\_\_\_

## Reunion Locations

Right outside of your home \_\_\_\_\_  
Away from the neighborhood, in case you cannot return home \_\_\_\_\_  
Address \_\_\_\_\_  
Telephone \_\_\_\_\_  
Route to try first \_\_\_\_\_

## Utilities

Electric Co. \_\_\_\_\_ Phone Co. \_\_\_\_\_  
Gas Co. \_\_\_\_\_ Water Co. \_\_\_\_\_  
Cable TV Co. \_\_\_\_\_

